



# Welcome New Maine-ly Nutrition Teachers



Welcome  
Edition  
Fall 2007

For Preschool,  
Elementary,  
Middle, and High  
School Teachers



We are glad you are part of our program this year! This newsletter will answer some questions you might have and provide helpful information to use in your classroom. Check your mail throughout the year for our regular edition of **Maine-ly Teachers**, published four times during the school year. We also post each issue on our website:

[www.maine-nutrition.org](http://www.maine-nutrition.org)



## Paperwork!

We know teachers are busy! However, please understand that it is necessary to keep track of time and expense forms, receipts, etc. **We are required to keep a record of all participating teachers' time and expense information in order to receive funding from the USDA.**

Here are some tips from other teachers to make your record-keeping easier:

1. Keep your time sheet in your plan book. When you write a lesson into your plans, you can jot it on your time sheet; or use colored pens and write the nutrition related lessons in a different color for easy identification later.

2. **When you receive your \$100 check, cash it right away** and keep the money in a safe place. Store the receipts in the same place. (We provide an envelope that makes a handy storage spot.)



Did you know that **all** time spent planning and implementing nutrition education can be counted towards your 25 + hours? This means shopping with your \$100.00, planning lessons, teaching, surfing the Internet for ideas, - even correcting papers! And don't forget, if you attend training, it counts as 6 hours!

## Take Time!

Take Time! is Maine-ly Nutrition's companion project that emphasizes physical activity in schools.

Participating schools agree to "take time" for:

- ◆ 10 – 20 minutes of accumulated physical activity during the school day, for every child. (The activity may include recess, as long as the recess time is structured physical activity and involves the participation of all students.)
- ◆ Required physical activities that take place during school hours but outside of physical education class.
- ◆ Administrative support for teachers and students to make physical activity a priority. (For example, suggest incorporating activities into the academic lessons or in addition to the curriculum such as a walking break after an extended period of sitting.)



Check out Take Time! on the Maine Nutrition Network website. You will find a variety of new ways to incorporate physical activity and nutrition into your academic lessons. This January, Maine-ly Nutrition will offer trainings for school administrators and teaching staff to provide schools with the tools necessary to engage all students in daily physical activity.



## Consider Holding a School-wide Community Nutrition Event

The Maine-ly Nutrition Project offers \$250.00 to schools for a school-wide community nutrition event. Check out your teacher packet for more information.

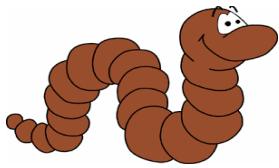
### Planning your School-wide Community Nutrition Event:

First and foremost, get together with other staff such as school nurses and guidance counselors. Parents, students, and other community members are also valuable resources. Together, you can plan a great event and divide up the work!

### Here are some event ideas based on what other schools have done in the past:

1. Hold an event that combines physical activity, healthy foods, and nutrition and fitness information.
  2. Teach students about diversity through the sampling of various ethnic foods, and then present a play on diversity for other students and families in the community.
  3. Invite guest speakers to come and talk about the cuisine of their native lands, (make sure the presentation is age-appropriate) and then invite the children to sample some of these foods.
  4. Invite parents to learn about the importance of healthy snacks and provide samples.
  5. Have a health and wellness fair that focuses on nutrition. Include taste testing, displays, theater, and physical activity.
- Once you have chosen a focus for your event and a contact person for your team, fill out and submit the application. Make sure you submit before the deadline: **Friday, March 7, 2008.**
  - A contract will be sent to the person with signature authority for your school (usually the superintendent or business manager). The contract needs to be signed and returned before the check can be sent!
  - Watch for your check after you receive your School-wide Event approval letter. **Checks will be sent directly to the contact person indicated on the application form within 2 weeks after the event is approved.**
  - Don't forget to fill out and submit the reporting form after your event takes place!
  - Need the application or reporting forms? Visit our website at [www.maine-nutrition.org](http://www.maine-nutrition.org) to download.





Annelida

Here is some information about one of our nutrition programs, Healthy Foods From Healthy Soils. Annelida, the “spokesworm,” is a regular columnist in the Maine-ly Teachers Newsletter!

## Growing Our Future: *Healthy Foods from Healthy Soils*

Food is a catalyst for all kinds of topics. What we choose to eat blends personal health, local economics, and global environmental concerns. The *Healthy Foods from Healthy Soils* program weaves down-to-earth activities from a variety of disciplines and subject areas into one interconnected cycle, illustrating where food comes from, how our bodies use food, and what happens to food waste. Now that so many of us are living with the health consequences of so much fast-food, a program that addresses these themes in an enjoyable and relevant way is important.



healthy foods  
from healthy soils



In 1995 in Maine, Kathy Lyons, an environmental educator and puppeteer, and Elizabeth Patten, a nutrition educator, teamed up to lead elementary students and their teachers in fun, hands-on lessons including taste-testing locally grown and seasonal foods. The project evolved into an environmental nutrition program that has been taught to groups from ages pre-school through adult throughout the country and is one of the nutrition education programs available to teachers who participate in the Maine-ly Nutrition program.

Annelida, the spokesworm for *Healthy Foods from Healthy Soils*, will appear in issues of the Maine-ly Teachers newsletter. If you or your students would like to ask questions about nutrition, gardening, or recycling/composting, write to Annelida at [healthyfoods@gwi.net](mailto:healthyfoods@gwi.net).



Written by Elizabeth Patten, licensed dietitian and  
co-author of *Healthy Foods from Healthy Soils*

# Welcome New Maine-ly Nutrition Teachers

## Mexican Salad in a Burrito

Adapted from Munchie Madness by Dorothy Bates, Bobbie Hinman, and Robert Oser

Emphasize to your students that they need to read the recipe—twice—before starting work on preparation. They need to know the order of preparation and when certain ingredients are added. Follow the recipe exactly, but be aware that when you make it at home it is OK to experiment with some of the ingredients (like adding more of a certain seasoning or spice if you really like that flavor).

**Items needed for the lesson:** (The ingredients are for two servings so increase as needed for your class)

Access to oven or toaster oven	Aluminum foil	Two flour tortillas	1 tsp chili powder
Hand grater	Measuring spoons	1 cup shredded romaine lettuce	2 T black sliced olives
Kitchen knife	Cutting board	1/2 cup chopped tomato	1/2 cup chopped onion
Paper towels	Plates, forks, knives	1/2 cup shredded low-fat cheddar cheese	Salsa and/or or guacamole

### Background:

Review MyPyramid's recommendations for serving sizes for vegetables, including why it is important to include many colors. Talk about the importance of blending the flavors of hot, sweet, bitter, and sour along with a variety of textures to make vegetable dishes more pleasing. Emphasize this kind of a tortilla is a good way to handle leftovers. Almost any kind of leftover salad can work in a warmed tortilla shell for a quick easy snack after school or a quick lunch to bring to school.

### Demonstration/Lesson:

Review with your students how many vegetables they should be eating in a day (the answer is about 2 ½ cups). In general, one cup of raw or cooked vegetables or vegetable juice, or two cups of raw leafy greens can be considered as one cup from the vegetable group. Demonstrate the proper way to wrap the tortilla to enclose the filling.

Instruct your students to wash their hands and prepare the Burrito.

1. Preheat oven to 350° F.
2. Wrap tortillas tightly in aluminum foil and heat for 10 minutes.
3. While tortillas are heating, combine lettuce, tomato, onion, olives, and cheese in a small bowl. Sprinkle with chili powder and toss again.
4. Divide the mixture evenly among the warm tortillas. Add salsa, guacamole, and wrap the tortilla tightly around the filling.
5. Serve right away with balsamic vinegar or a variety of flavored vinegars (let your students experiment).

### Kids Chef



This project is funded by the United States Department of Agriculture, through a contract with the Maine Department of Health and Human Services.

### Maine-ly Nutrition is a project of the Maine Nutrition Network

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